

ABSTRACT

A directed medication system and method having a drug metabolism test component and a prescription instruction component. The drug metabolism test component includes an apparatus to receive a user's biological sample for testing to
5 determine the presence of one or more predefined drug metabolism markers. The prescription instruction component includes at least coordinating instructions disclosing to a user of the drug metabolism test component the procedure for obtaining a customized medical therapy based on the results of the drug metabolism test component. The prescription instruction component preferably includes a
10 prescription for a customized medical therapy based on the results of the drug metabolism test.